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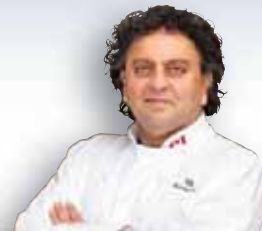
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Inside look. Metro
finds out how students
shape the economy
and culture of Halifax



HALEY
RYAN

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Chelcie Soroka is one of the
32,000 university students who
descend on Halifax each year.

It's a big number, and while
not everyone is on the same
campus, she says there's a feel-
ing of camaraderie.

"There's the sense that
you're not an outsider, even
though you are because you've
come from

away, because there's so many
post-secondary institutions,"
Soroka said.

"Being a student is a part of
Halifax and I think that's kind
of welcoming."

Soroka moved from Happy
Valley-Goose Bay, N.L., five
years ago to take journalism
at the University of King's
College. Since finish-
ing her

BA, she has begun a medical
degree at Dalhousie University.

"I was able to study two
completely different things
within a couple blocks of each
other," Soroka said. "I think
that's something unique to
Halifax."

In total, Halifax is home to
six universities. They are Dal-
housie, King's, Saint Mary's
University, Nova Scotia College of
Art and Design, Mount
Saint Vincent

University and Atlantic School
of Theology.

Paul MacKinnon of the
Downtown Halifax Business
Association says students are
the "bread and butter" of pen-
insula businesses, and without
them we wouldn't have such a
vibrant nightclub scene.

"We're only a city of
400,000 people yet we seem to
be a lot livelier and a lot more
interesting than other cities of
that same size," he said.

Students also need
to live somewhere,
and the south-end
area of Halifax is
home to thousands.

Halifax 101

See pages 4 and 5 for more

Noise complaints and pub-
lic drunkenness can be an issue
because of this, but Ilya Niel-
sen, a Halifax Regional Police
community constable for the
area, says students get a "bad
rap."

"It's really just a handful
that cause those complaints,"
he said.



Saint Mary's University students spell out the city's name. JEFF HARPER/METRO



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Transit union throws flag on funds for rural transit services

Grievance filed. Head of ATU Local 508 says city can't give money to anyone other than Metro Transit for transit services



RUTH DAVENPORT
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The head of the union for Metro Transit workers is filing a grievance with HRM over the move to fund community groups trying to provide rural transit services.

The president of the Amalgamated Transit Union Local 508 said giving money to any

Quoted

"Public transit is not supposed to make a profit, and they have to get away from trying to make a profit with public transit."

ATU Local 508 president Ken Wilson



Eddie Robar METRO FILE

organization other than Metro Transit violates an article in the current collective agreement that essentially guarantees transit will be provided by ATU personnel.

"I don't know if I'd use the word illegal.... As far as the collective agreement and the legal opinion I sought this morning from our lawyer, it is a violation," said Ken Wilson.

Regional council has asked Metro Transit to develop funding criteria for community-based groups seeking support for rural transit services, such as the non-profit MusGo Rider in Musquodoboit Harbour, which has asked the city for

\$10,000 in funding.

Metro Transit director Eddie Robar confirmed the grievance has been received, but couldn't say much more.

"Until we go through the grievance itself, I can't provide a lot of comment on what the violations may or may not be," he said.

Robar said he wasn't sure what effect the grievance would have on the \$10,000 for MusGo, which could be approved at the Halifax regional council meeting on March 19.

Several other community groups are considering organizing rural transit services because of a dearth of official service — which Metro Transit has said it can't provide.

Wilson said rural residents who want transit should pressure elected officials to order Metro Transit to find the resources.

"They can always find money if they want to," he said. "Let's have buses out there, smaller buses, but still buses with ATU operators, let's bring those people into the cities."

The employer has 30 days to respond to the grievance.



Amalgamated Transit Union Local 508 president Ken Wilson. METRO FILE

MusGo Rider one step closer to city funding

A city committee is reluctantly recommending approval of a policy in order to ensure a community transit group gets some much-needed funding.

HRM's grants committee has sent the funding criteria for community-based rural transit services to regional council — with a caveat that the criteria needs more work.

"I'm not prepared to rec-

ommend to regional council that this become a policy, but I think we should approve it for MusGo Rider and then have that public consultation," said Coun. Wayne Mason.

Moving the policy forward triggers approval of \$10,000 in funding for the MusGo Rider service in Musquodoboit Harbour.

The city doesn't have a

framework for funding community transit groups and council passed a motion in October approving the support for MusGo, provided a framework was in place.

MusGo Rider general manager Lucie Quigley said she's in pretty dire need of the funding, which she applied for last year.

"I pay myself a minimal amount just so I can ensure

there's enough cash flow there to cover our vehicle payments, our gas and our driver," she said.

Councillors raised concerns about the lack of consultation in developing the funding criteria; the degree of detail required from community groups, which far exceeds that required for provincial funding; and the fact that applications

won't be accepted until next January. **RUTH DAVENPORT/METRO**

Expected debate

The funding framework is expected to be debated during the March 19 council meeting.

1 NEWS

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HALIFAX: WHERE STUDENTS



Chelcie Soroka, a Dalhousie University medical student, loves what Halifax has to offer. JEFF HARPER/METRO

Can't imagine life without you millennials

Halifax universities.
Students bringing
'flavour,' big bucks to city



HALEY RYAN
haley.ryan@metronews.ca

Students, thanks for all that spending.

Halifax university students shell out more than \$156 million a year in off-campus spending on such things as accommodation, and food, according to recent data from the Association of Atlantic Universities.

Chelcie Soroka, a Dalhousie University medical student, said one of the things she loves about the city is its variety of food and shops.

"There's a lot of change-over in restaurant and food places, and I'm excited to see food trucks becoming more popular," she said.

"You have that chance to dine out and try some really creative local food."

Soroka also likes that Halifax is a busy city in it-

Halifax 101

self, outside of the university structure.

Also according to the AAU data from 2008, Halifax schools employ 6,033 people, which is considerably more than the 4,370 Haligonians employed by the provincial government and just less than the 6,155 in federal government.

The salaries for those university employees totals just over \$350 million a year and represents 4.5 per cent of Halifax's economy.

"There's no doubt universities are a real strategic asset to this city," said Peter Halpin, executive director of the AAU.

"Imagine Halifax without universities. It would be an entirely different city from a social and cultural point of

view."

Dalhousie planning students often create projects and ideas for downtown, and many NSCAD grads began businesses here, said Paul MacKinnon of the Downtown Halifax Business Association.

"It's not just that they're consumers downtown, but they're helping add flavour downtown and contributing quite a lot," he said.

Mayor Mike Savage said bringing students into Halifax is vital for the future of Nova Scotia.

"In a province that obviously has a demographic crunch, universities provide a youthfulness ... a vibrancy that is really important," Savage said.

The mayor said he wants the city to forgo the three-to-five-years of experience rule and hire more recent grads to keep young people working in Halifax.

Large student population

32,184

Total number of Halifax university students

Coming from across Canada

14,000

Students from outside Nova Scotia

Metro asked students from five local universities to answer our online survey of 17 questions.

Best in

Best live bar music?

Lower Deck - 37%
Seahorse Tavern - 33%
Gus' Pub & Grill - 6%



Best dance bar?

Pacifico - 26%
Reflections Cabaret - 18%
The Dome Nightclub - 15%



Best view of the city?

Top of the citadel - 40%
Dartmouth waterfront - 26%
High building - 16%



Best late-night food?

Willy's - 18%
Alexandra's Pizza - 18%
Freeman's Little New York - 14%



Where is the best place to meet someone?

Class - 40%
Bar - 20%
Coffee shop - 18%



How do you eat donairs?

Never touch them - 44%
The works - 29%
Everything but onions - 9%



Why did you choose to study in Halifax?

The school had the program I wanted - 32%
Reputation of school - 19%
City life - 16%

Cheap food

We asked the best place to get cheap food in Halifax. McDonald's, the king of greasy fast food, was the clear favourite. The Maxwell's Plum receives honourable mention alongside Jean's Chinese Restaurant, Mary's Place Café, Subway and Tim Horton's.



Strangest class

Responses ranged from advanced evil to love. Or maybe you want to pretend you're at Hogwarts and should take alchemy, witchcraft and wizardry, or simply "the vampire." There were also courses on terrorism, dinosaurs and one on J.R.R. Tolkien, creator of The Lord of the Rings books.

COME TO LEARN AND PLAY

Over the past two weeks, 192 students voted on their favourite bars, shops and restaurants in the city. Go to metronews.ca for complete poll results

show



Best cheap activity?

Emera Oval skating - 40%
Farmers' market - 26%
Cheap movie night - 20%



Best coffee shop?

Two If By Sea Café - 16%
Tim Hortons - 13%
Just Us! Café - 12%



Best festival?

Halifax International
Busker Festival - 38%
Halifax Pop Explosion - 22%
Tall Ships Nova Scotia - 14%



Best thrift store?

Value Village - 38%
Frenchy's - 19%
Salvation Army - 15%



Best green space?

Point Pleasant Park - 52%
Halifax Public Gardens - 34%
Halifax Common - 8%

Respondents by school

Saint Mary's - 65
Dalhousie - 63
Mount Saint Vincent University - 32
University of King's College - 24
NSCAD - 8



Student streeter

Check out our Rick Mercer-style video at metronews.ca, where reporter Haley Ryan takes Metro on campus to test student's knowledge and find out what they love most about the city, how they eat donairs and do they know who our mayor is.



Halifax home to alumni success stories

Chef Craig Flinn has been in the restaurant business for over a decade, but cooking wasn't always the top priority in mapping out his life.

Originally from Dartmouth, Flinn graduated from Saint Mary's University in 1994 with a BA in geography, but the shift towards computers in cartography didn't attract him.

"I knew if I opened a restaurant here it would get some notice and some praise, whereas if I went to a big city ... I'd probably not have the networking that I have here," Flinn said from the kitchen of Chives Canadian Bistro.

After Saint Mary's, Flinn attended culinary school in Prince Edward Island and lived in the United States for apprenticeships, but he said the lower cost of living brought him back.

Suzanne Saul, co-owner of Attica Furnishings, said she loved the "comfortable" feel of Halifax when she

to attend NSCAD and Saint Mary's.

"People think, 'Oh artsy fartsy' ... but a lot of people that train in the arts end up doing something else and it certainly has an impact on the economy," Saul said.

Olympic canoeist Julia Rivard came to Halifax from North Bay, Ont., because her coach for the national canoe/kayak team lives here.

"There's a really great correlation you can draw between the canoeing system and excellence in the schools," said Rivard, an alumnus of Dal and NSCAD.

Rivard, now a senior partner at web-design firm Norex, said Halifax's population benefits entrepreneurs.

"If you work really hard here, you can be recognized for that," Rivard said. "There's just less people."

"The reputation of people wanting to leave hurts us more than the reality. People are really, really willing to help."



PHOTO CONTRIBUTED

Around the globe

International appeal

The numbers of international students coming to Halifax continues to rise, and Mayor Mike Savage says our city benefits because of them.

There are 4,771 international students in the city this year, according to data from the Atlantic Association of Universities. Sixty-five per cent of that group have indicated an inclination to move here after they graduate.

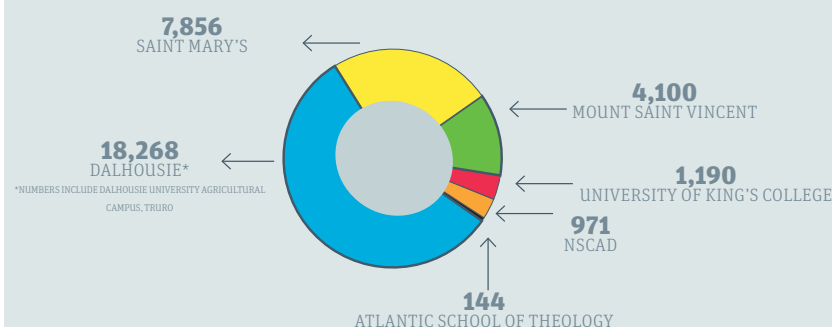
"I think it's a good thing," Savage said of those coming here from China, Japan, Brazil and other countries. "If there's one thing I think most of us know, it's that we need more immigrants in Atlantic Canada. They bring an awful lot to the community and I'd like to keep more of them here."

Paul MacKinnon of the Downtown Business Association said Halifax is much less diverse than other Canadian cities — with the exception of the universities.

"Literally, a lot of the colour that you see in the downtown core is being provided by students and broadens our experience," MacKinnon said.

HALEY RYAN/METRO

2012-2013 school year enrolment



Missing from museums. Police lay new charges in stolen-artifacts case

Members of the Halifax RCMP Street Crime Unit have made a second arrest connected to the theft of thousands of items from local museums.

Officers carried out a search warrant at a home in Fall River in mid-January and found it packed with more than 800 valuable historical artifacts allegedly stolen from private collectors across Atlantic Canada.

On March 1, RCMP carried out another search warrant at a home on Yerevan Drive in Sackville and seized sheet music, books, war medals, and a letter written by George Washington allegedly stolen from Dalhousie University.

A 23-year-old man is facing charges including possession of stolen property, obstruction of justice, and perjury. He's scheduled to appear in Dartmouth provincial court on April 24.

The owner of the Fall River home where the artifacts were found was originally charged with possession of stolen property, but RCMP announced Monday that John Mark Till-



John Mark Tillman
THE CANADIAN PRESS

man is now facing a further 27 criminal charges. The new charges include possession of stolen property, trafficking, and forgery.

Tillman is in custody and is scheduled to appear in Dartmouth provincial court March 8. **METRO**

Short and sweet. Love story without dialogue a winner for Halifax filmmaker

A Halifax filmmaker's short film *The Dance* has been named the winner of the award for best comedy from the National Screen Institute of Canada.

The Dance is a love story without dialogue that follows a young man in an office and the crush he has on his co-worker.

"If anything it shows that you don't need words to tell a story, or to connect to people's hearts, or even to

Accolades

18

The Dance has won 18 awards.

make them laugh," Pardis Parker, the writer, director and lead actor in the film, said in a release.

You can watch *The Dance* on YouTube or through Parker's website at pardisparker.com. **METRO**

With a special guest

Tenors on stage in Halifax

The Tenors are set to perform in Halifax Tuesday.

The well-known Canadian quartet will bring their *Lead With Your Heart* tour to the Halifax Metro Centre for a show starting at 7:30 p.m. Special guest Jimmy Rankin will also perform.

Tickets are still available starting at \$61.50 and can be purchased online at ticketatlantic.com.

METRO

Holland Road

Windows smashed out of school

Police say eight windows have been smashed out of a school in HRM.

Halifax RCMP say they received a call Monday from Holland Road Elementary School in Fletchers Lake about the damage to the rear of the building. The damage is believed to have happened sometime between March 1 and 4. **METRO**



Ladies and gentleman — an electric-car engine

Dr. Lukas Swan, left, a mechanical engineering professor at Dalhousie University, shows off a Nissan Leaf on Monday. Dalhousie engineering students gathered at the Sexton Campus to learn about five different electric vehicles. **JEFF HARPER/METRO**

Sunny skies ahead for Halifax: Experts

Spring is near.
Warmer-than-normal
days here to stay:
Environment Canada



RUTH
DAVENPORT
ruth.davenport@metronews.ca

The national weather agency is calling for a warmer- and drier-than-usual spring season, but cautioning Nova Scotians to keep the snow shovel handy a little while longer.

Environment Canada has released its latest three-month outlook, showing a trend of higher temperatures and lower precipitation than normal for most of Atlantic Canada.

"You had a warm fall, you had a warm summer, you had a warm spring last year, warm winter last year — I mean, you're on the roll here!" said senior meteorologist David Phillips.

However, Phillips said it's likely too soon to pack away winter gear and start swapping snow tires.

How cold it could be

-1.4 C

That's the normal daily average temperature for Halifax in March

"On average, after March 1, you get about 65 centimetres of snow and that represents almost 30 per cent of your annual snowfall," he said.

Phillips said it's unlikely that this month will be quite as balmy as March 2012,

when Bluenosers experienced warmer temperatures at home than they did in March Break getaway destinations — but he said all forecasts seem to agree on the mild, dry trend in store.

He said the spring-like weather begins this week, with sunshine and temperatures about five degrees above normal.

"Those people who say, 'We've had a great fall and an easy kind of winter, we're going to pay for it' — no! What you see is what you're going to get," he said.



Det. Const. Dana Drover shows various devices used to skim debit and pin info. **JEFF HARPER/METRO**

Do the 'hover and cover'

Police in Halifax say they want consumers to "hover and cover" when punching in their debit-card and credit-card PINs.

As part of fraud prevention month, Det. Const. Dana Drover said people need to become more aware of how payment-card fraud happens.

"The technology that

(criminals) exploit and their methods of compromise are meant to be very quick," said Drover. "The actual process for them to tamper an ABM is literally under a minute."

Fraud occurs when a debit-card reader has been modified to record the information found in a card's magnetic strip. This information allows criminals to

create clone cards.

But without the card user's PIN, criminals can't access the funds.

Another way to avoid payment-card fraud is to use a chip-enabled card.

"As you raise the threshold of security it makes it more difficult for criminals to try to subvert it," said Drover. **MARIKA MCKENZIE/METRO**

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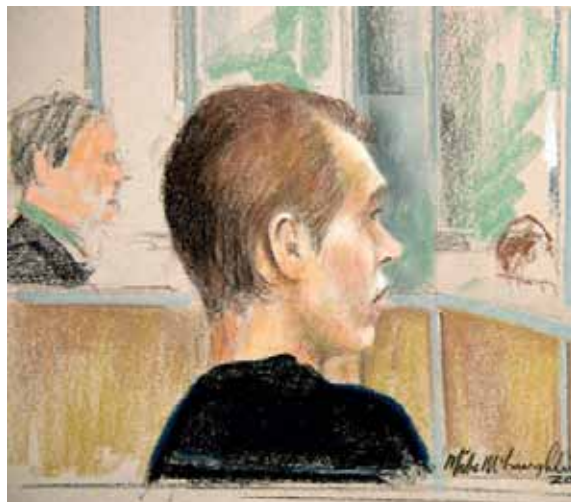
Magnotta wants hearing kept out of public eye

Dismemberment case. Lawyer for accused asks for Montreal courtroom to be cleared of all but judge, lawyers, clerk

When Luka Magnotta returns before a judge for his preliminary hearing next week in Montreal, he'll seek to have the public banned entirely from the courtroom.

While a publication ban on evidence heard at a preliminary hearing is normal, Magnotta's lawyer has also asked to bar everyone except the judge, the lawyers in the case and the court clerk from the room.

The motion states that the grounds for the request stem from an unspecified reason related to Magnotta's personal and medical history, which



Alleged killer Luka Rocco Magnotta is depicted in court in an artist's drawing on Jan. 9 in Montreal. Magnotta is charged with first-degree murder in the slaying and dismemberment of Chinese engineering student Jun Lin.

MIKE MCLAUGHLIN/THE CANADIAN PRESS

have not been disclosed in the document.

The motion was filed in Quebec Court last Thursday

by Luc Leclair, Magnotta's Toronto-based lawyer. It will be debated next Monday.

Magnotta is charged with first-degree murder and other offences in the slaying and dismemberment of Chinese-born student Jun Lin last May.

Magnotta became the subject of an international manhunt after parts of Lin's body began turning up across the country.

The attempts to track him down made headlines around the world.

A spokesman for the Crown prosecutor's office said Monday that there won't be any comment until after the motion is debated.

Magnotta's preliminary hearing is expected to last at least two weeks and several dates could be added in June, if necessary.

His brief appearances since his arrest have been the subject of heavy media coverage. **THE CANADIAN PRESS**

Ashley Smith. Inmate was treatable, court hears

Troubled young inmate Ashley Smith wanted to work on her behaviour to get out of her near-constant segregation, but before any real progress could be made she was shipped off to yet another institution, an inquest heard on Monday.

Smith had been in secure isolation at a youth facility before she was transferred to the Nova Institution for Women in Truro, N.S., on Oct. 31, 2006.

In all, Smith was transferred 17 times between various institutions over the last 11 months of her life — most of that time spent in segregation.

She was a notoriously difficult inmate, frequently hurting herself, most often by tying ligatures around her neck, the inquest has heard.

Smith died at age 19 after strangling herself at Grand Valley Institution in Kitchener, Ont., in October 2007. Guards had been instructed not to enter her cell to remove the ligatures if she was still breathing, the inquest has heard.

Psychologist Allister Webster, who worked at Nova



Ashley Smith
HANDOUT/THE CANADIAN PRESS

while Smith was there, ended up spending a total of only 21 days assessing or treating Smith. In the few months she was at Nova she self-harmed and otherwise acted out a lot, but had also signed off on a therapy plan to get out of segregation, Webster said.

"There wasn't much time to do anything beyond trying to set some groundwork that we might be able to build on, and then she was gone," he said.

She eventually withdrew her consent for treatment, but Webster still believed she could be helped, he said.

THE CANADIAN PRESS

Human Rights Council

Canada-UN food envoy spat is back

The Harper government is formally at war once more with a United Nations agency. The UN right-to-food envoy, Olivier De Schutter, says Canada can't credibly preach human rights on the international stage when too many of its own citizens are going hungry. The government accuses De Schutter of overstepping his mandate and not understanding Canada. **THE CANADIAN PRESS**

Pitt Meadows, B.C.

No jail time for man who posted rave-assault pics

A young man who posted sex photos on Facebook of an underage girl that quickly spread across the Internet has been handed a conditional discharge. A B.C. provincial court took into account Dennis Warrington's apology, the fact he had no previous criminal record and was only 19 at the time.

THE CANADIAN PRESS/ EXCLUSIVELY FOR METRO

Inquiry into fatal collapse of Ontario mall 'not a trial': Commissioner

The deadly collapse of a mall in northern Ontario last summer was not the result of a terrorist attack or some other extraordinary circumstance, the inquiry into the disaster heard Monday.

In his opening comments as the hearing kicked off, lawyer Doug Elliott said the causes of the collapse were many but the tragedy should never have occurred.

"A shopping centre mall should not just fall down," said Elliott, who represents local citizens. "We thought someone would do something before it was too late."

In fact, Elliott said, many people had the opportunity to prevent the tragedy but "failed to do so."

The judicial inquiry under Commissioner Paul Belanger formally began hearings on

75 witnesses expected

The inquiry is expected to hear from as many as 75 witnesses over the next several months, with the expectation Commissioner Paul Belanger will deliver his report and recommendations by January 2014.

Monday into the collapse of the Algo Centre Mall last June 23.

As relatives of the victims and a few members of the community looked on, Belanger stressed in his opening statement that the aim of the probe is to find out why the rooftop garage caved in, not to find blame or legal fault.

"This is not a trial," Belanger said. **THE CANADIAN PRESS**

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Down Under. Up to 15 Australian miners fired over Harlem Shake video

Up to 15 miners were fired from their high-paying jobs in an Australian gold mine after a Harlem Shake performance underground was deemed a safety hazard, a newspaper reported on Monday.

A YouTube video shows eight miners wearing safety gear while performing the convulsive dance in the Agnew Gold Mine last week. The West Australian newspaper quoted a sacked worker who wouldn't give his name as saying up to 15 people were fired, including some who watched the performance but did not participate.

Mine owner Barminto considered the stunt a safety issue and a breach of its "core values of safety, integrity and excellence," according to a dismissal letter cited by the paper.

The letter noted that Barminto would not allow the dancing workers "to be subcontracted by Barminto at any site domestically and globally."

It's not clear from the video

Harlem what?

Up to 4,000 videos of the Harlem Shake are uploaded on the Internet daily.

- **Chart topper.** The song Harlem Shake, recorded by Brooklyn disc jockey and producer Baauer, is currently No. 2 on the Australian singles chart.

what safety issues are raised. The dancing miners wear helmets, but five are shirtless. The sacked worker told the newspaper that shirts had been removed to ensure the Barminto name did not appear in the video.

Australia is experiencing a mining boom, with thousands of workers attracted by high salaries to remote Outback mines. The West Australian said the miners who lost their jobs had six-figure salaries.

THE ASSOCIATED PRESS

Police hunt suspect in death of young family

Newborn lost. Baby delivered after parents were killed in car crash died early Monday

A close-knit ultra-Orthodox Jewish community in Brooklyn, N.Y., was plunged into a new round of mourning on Monday by the death of a baby who was delivered by Cesarean section after his parents were killed in a hit-and-run crash a day earlier.

Police hunted for the suspected driver, identified as Julio Acevedo, saying he was barreling down a residential street in a BMW at 100 km/h, twice the speed limit, early Sunday when he collided with a car hired to take the couple to the hospital for an illness.

The baby was buried near the fresh graves of his parents, Nachman and Raizy Glauber, both 21, according to Isaac



Members of Brooklyn's Hasidic Jewish community demand justice, a spokesman said. JOHN MINCHILLO/THE ASSOCIATED PRESS

Abraham, a spokesman for the Hasidic Jewish community. About 1,000 community members turned out for the young couple's funeral a day earlier.

The baby weighed only

about four pounds when he was delivered, friends said. He died of extreme prematurity, according to the city medical examiner's office.

Acevedo, 44, was arrested

last month on a charge of driving while under the influence, and the case is pending. He served about a decade in prison in the 1990s for manslaughter.

THE ASSOCIATED PRESS

Bloody Kenyan election evokes past horror



Officials estimated a turnout of nearly 10 million. BEN CURTIS/THE ASSOCIATED PRESS

Kenya's presidential election drew millions of eager voters on Monday, but the vote was marred by violence that left 19 people dead, including four policemen hacked to death by machete-wielding separatists.

Officials urged voters not to be intimidated amid fears the impending election results could spark another round of ethnic-related bloodshed. More than 1,000 people died after the 2007 vote.

The election is the first presidential poll under a new constitution designed to pre-

vent the ethnic violence of 2007-08. Officials estimated the turnout at 70 per cent.

The voting got off to a bloody start when a group of 200 separatists set a trap that killed four police in the coastal city of Mombasa, Insp. Gen. David Kimaiyo said.

The separatist group — the Mombasa Republican Council (MRC) — had threatened election-day attacks. The MRC believes Kenya's coast should be an independent country.

An AP tally of the violence found that four police and

three MRC members died in Mombasa, while six government officials, four MRC members and two civilians died in the three attacks near the coastal city of Kilifi, all according to police and mortuary officials.

After the polls closed, gunshots and an explosion rang out in the city of Garissa as gunmen stormed two polling stations, said Farah Maalim, deputy speaker of parliament. Security forces responded to the attack and the gunmen fled. THE ASSOCIATED PRESS

2007 election violence

Raila Odinga's loss to Mwai Kibaki in 2007 triggered violence that ended only after international action.

- **Charges.** One of the top 2013 candidates, Uhuru Kenyatta, faces charges at the International Criminal Court for allegedly orchestrating Kenya's 2007-08 post-election violence.

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Florida

Crews work to uncover sinkhole

Demolition continued Monday on a Florida home above the gaping sinkhole that swallowed a man last week. Crews worked to knock down the remaining walls and begin clearing away the debris in order to reveal the hole.

Once emergency officials and engineers can see the hole more clearly, they can begin planning how to deal with it. They also need to decide what will happen to the two homes on either side



A firefighter removes salvage. CHRIS O'MEARA/THE ASSOCIATED PRESS

of the house. Experts say the sinkhole has "compromised" those homes, but it's unclear whether they can be saved.

THE ASSOCIATED PRESS

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Mortgages. Interest rates are expected to head south

Despite ongoing concerns about high levels of debt, analysts say interest rates in Canada are going nowhere except perhaps down — as demonstrated by one major bank's decision to shave the rate it charges for five-year mortgages.

The Bank of Montreal has dropped its posted five-year fixed mortgage rate by 0.10 points to 2.99 per cent in an effort to attract new borrowers before the important spring real-estate market.

Other banks may follow suit, although analysts note that many borrowers have been able to negotiate a 2.99 rate or lower even when the posted rate among major Canadian

banks was at 3.09 per cent

The concern is that with teaser mortgage rates such as the one announced on Sunday by BMO, Canadians will continue to invest in real estate and push home prices up, with potentially dire consequences for the economy and homeowners.

In a statement, Finance Minister Jim Flaherty said he has taken several steps — including reducing the maximum amortization period to 25 years from 30 in July — to discourage marginal buyers from being lured into taking on a bigger mortgage than they can afford over the lifetime of the loan.

THE CANADIAN PRESS

Market Minute



DOLLAR
97.30¢
(-0.06¢)

Natural gas: \$3.54 (+8¢)
Dow Jones: 14,127.82 (+38.16)



TSX
12,707.41 (-65.71)



OIL
\$90.12 US (-\$0.56)



GOLD
\$1,572.40 US (+10¢)



Signs of the times: Target opens its doors

Surprise! U.S. discount giant Target has fast-tracked the opening of three southern Ontario stores, meaning the retailer's much-anticipated arrival in Canada gets underway in earnest on Tuesday morning. The three debut stores are in the communities of Guelph, Fergus and Milton, all west of Toronto. What does Canadian Tire think of Target's appearance north of the border? These signs, in the parking lot of the new Target store in Guelph, give a hint. "We've never publicly said 'This is our grand opening date' ... because we wanted flexibility to make sure we open when we are ready," Target Canada president Tony Fisher said on Monday. Overall, Target is expected to open between 125 and 135 stores in Canada. Another 21 stores will open this month throughout Ontario, and then Target will begin moving into provinces in the West and eventually into Quebec. None of those opening dates have been announced. DAVE CHIDLEY/THE CANADIAN PRESS

Energy drink debate

Monster says there's no proof 'caffeine toxicity' killed teen

Monster Beverage is hitting back at a U.S. lawsuit alleging its energy drinks were responsible for the death of a 14-year-old girl, saying that no blood test was performed to confirm that the girl died of "caffeine toxicity."

The disclosures come amid intensifying scrutiny of energy drinks and their caffeine levels.

The suit filed last year by the family of Anais Fournier said the girl went into cardiac arrest after drinking two 680-gram cans of Monster drinks in a 24-hour period.

The U.S. Food and Drug Administration has also said it is investigating reports of deaths linked to energy drinks, including five that cite Monster beverages. The agency notes that the reports don't prove the drinks caused the deaths.

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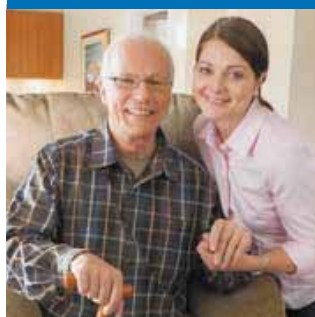
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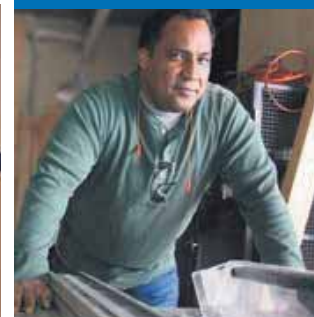
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Offers available on new 2012 and 2013 models purchased through participating dealers to qualified retail customers who purchase a new vehicle by April 1st, 2013. Dealers may sell for less, some conditions apply. Offers are subject to change without notice, see dealer for complete details. † 2013 RVR GT/2013 Outlander XLS model shown has a MSRP of \$28,990/\$35,990 and a selling price of \$30,890/\$37,890, includes destination, delivery and fees, taxes, PPSA and dealer fees of up to \$599 are excluded. ‡ AWC standard on RVR ES 4WD and GLS, S-AWC standard on Outlander XLS. 0% purchase financing available through Bank of Montreal for 60 months on all new 2013 RVR models and 72 months on all new 2013 Outlander models (terms vary by model, see dealer for details). Representative example: 2013 RVR ES (GLS-4) 2013 Outlander ES 2WD (GLS-4) with an all-in price of \$26,800/\$33,226.26 financed at 0%/7.9% for 60/72 months equals 132/156 bi-weekly payments of \$208.39/\$22.55 for a total obligation of \$26,800/\$33,226.26 and a cost of borrowing of \$0/\$0. (GLS) Excludes taxes, registration, insurance, licensing and duty on new tires. (West of Canada) includes up to \$4,450 in freight, \$250 in air tax, up to \$30 in PDI. Excludes \$75 duty on new tires, taxes, PPSA, registration, insurance, licensing, administration, up to \$599 in other dealer fees and any additional government fees. * \$800 consumer cash discount applicable on 2013 Lancer 10th Anniversary Edition purchased between March 1, 2013 and April 1, 2013. Consumer cash discount will be deducted from the negotiated price before taxes and will take place at time of purchase. ** \$2,500 in no-charge extra features applies to 2013 Lancer 10th Anniversary Edition for vehicles purchased up to April 1, 2013. Based on dealer inventory. See your dealer for details. † \$500 gas card in the form of an \$500 gift card available with the purchase of only new 2013 RVR at no extra charge upon vehicle delivery. Valid at participating Essa locations in Canada. Customer must take delivery of vehicle by April 1, 2013. ‡ \$5,000 retail credit applicable to all 2012 i-MiEV models and will be deducted from the negotiated price before taxes and at time of purchase. Can be combined with finance offers. Some conditions apply. Please see your participating i-MiEV Certified Dealer for further details. ‡ (ON) \$4,231 incentive is available on Mitsubishi Motors 2012 i-MiEV (160kWh Battery) and is applied after taxes. Full terms, eligibility requirements and application available at: <http://www.mitsubishivehiclesales.ca/ev-incentives>. (BC) \$5,000 incentive is available on Mitsubishi Motors 2012 i-MiEV (160kWh Battery) and is applied before taxes. Full terms, eligibility requirements and application available at: <http://www.mitsubishivehiclesales.ca/ev-incentives>. ‡ MITSUBISHI MOTORS, BEST BACKED CARS IN THE WORLD are trade-marks of Mitsubishi Motors North America, Inc. and are used under license. ** What ever comes first. Regular maintenance not included. See dealer or mitsubishi-motors.ca for warranty terms, restrictions and details. Not all customers will qualify.

THANKS FOR THE MAMMARIES

The childhood adage that “my body’s no body’s body but mine” doesn’t exactly hold up in a culture obsessed with judging other people’s physical appearance. It seems our private bodies — and women’s especially — are a public commodity to be consumed, discussed and evaluated.

Much of the discussion around the recent Academy Awards broadcast focused on physical bodies rather than bodies of work. Host Seth MacFarlane dedicated an entire song-and-dance routine to breasts and then went on to praise the female celebrities in attendance for “contracting the flu” (i.e., starving themselves) in order to whittle their waistlines before the ceremony. Best supporting actress winner Anne Hathaway received much more attention for her nipples than her on-stage performance during the *Les Misérables* number. Similarly, in 2012 Angelina Jolie’s right leg dominated the red-carpet conversation on screen and online; one year later there are still over 10 differ-



SHE SAYS
Jessica Napier
metronews.ca

ent Twitter accounts dedicated to her exposed limb, although the original @AngiesRightLeg account has since been shut down.

Lena Dunham, the creator and star of HBO series *Girls*, has been applauded and criticized for deliberately exposing her naked and normal-looking (gasp!) body in almost every episode of her hit TV show. Her unapologetically average flesh — Dunham actually happens to have some weight on her stomach, butt and thighs as opposed to 99 percent of the other women in Hollywood — takes centre stage in much of the discussion surrounding the show. Ballsy writing and poignant story lines be damned — let’s talk about those stomach rolls!

Of course, it’s not just celebrities who are subjected to this form of superficial scrutiny; the media has a tendency to reduce public figures to, well, figures.

News stories about Michelle Obama spotlight her wardrobe choices, sculpted arms and recent haircut (bangs!), while

Justin Trudeau’s voluminous hair has even managed to secure its own Twitter account with over 1,000 followers.

There’s no doubt that other people’s bodies are fascinating, but it’s scary to think that lustrous locks might help an ambitious politician become the next prime minister.

Twitter parody accounts that give individual limbs their own online personality might provide some cheap LOLs, but this relentless objectification of body parts demonstrates just how lazy our generation of smartphone-wielding arm-chair critics has become.

Sadly, it’s just so much easier for us to admire Trudeau for his hair than educate ourselves on his policies or to gawk at Dunham’s exposed butt than consider the implications of the sexual politics at work on her show.

When we focus our attention on a person’s body — what it should look like and how much of it we want to see — we’re not only ignoring more significant conversations, we’re elevating the importance of the body and undermining the true value of the individual.



Follow Jessica Napier on
Twitter @MetroSheSays

ZOOM

Earth’s cut is the deepest



CONTRIBUTED

Scientists probe our planet

Scientists are boldly going deep, deep underground to study the movement of carbon kilometres below the Earth’s surface. Early results from the historic 10-year, \$500-million research project outline strange new worlds right out of science fiction: colonies of microbes millions of years old,

hydrogen-eating life forms and natural gas seeping from chemical processes within the bedrock itself.

The discovery of vast reserves of buried carbon may suggest solutions to the climate-change crisis on the surface. And the Earth’s deepest recesses also suggest how life might behave on other planets.

THE CANADIAN PRESS

Volcanoes spit it back

What Deep Carbon has found — so far — is that unimaginably huge amounts of buried carbon have been involved in an intricate and stately dance with life since almost the beginning of the planet.

As long as 3.8 billion years ago, biological processes were breaking down

the young Earth’s relatively uniform rock, concentrating their carbon and forming different rock types.

The slow drift of continental plates drives carbon-rich rocks from the surface deep underground. Eventually, that carbon comes back as erupting volcanoes belch carbon dioxide, linking the processes of the surface to underground. THE CANADIAN PRESS

Clickbait

From Timon and Pumbaa to Kung Fu Panda, there is nothing like a talking animal. These top animal Twitter accounts keep you updated on the latest from your furry or feathery friends.



@horse_ebooks

“I adore key limes and am always on the lookout for new ways!” Inexplicably, this spambot set up to flog e-books has acquired over 150,000 followers. But follow and you’ll see why — his/her zen-like tweets confuse and delight, even if they tend to cut off halfway for no reason.

@contrastamanda

“I just squirted 12.3 kgs of milk out of my teats in 5:44 minutes. What did you do today?” Amanda, a real-life Ontario cow, was hooked up to Twitter by her farm in 2010. Sadly, no moos have come from Amanda recently. We hope she hasn’t gone to the giant steakhouse in the sky.

@50ShadesChicken

“It’s not food porn till you get out the twine.” Parody accounts on Twitter are a curious mixture of pain and pleasure, but this account for a best-selling poultry parody cookbook has even managed to entice users who haven’t heard of the notorious E.L. James novel.

Twitter

@metropicks: See these city-living “penalty cards”?
<http://ow.ly/iblu> What sidewalk behaviour annoys *you* most?
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@Dragoniser: @metropicks Idiots on there cell phones not watching where they are walking.

@goodnighthush: @metropicks on

rainy days when people walk under awnings with their open umbrellas not moving or adjusting for those without one.

Want to get your tweets here? Follow @metropicks on Twitter for the best of Metro’s writers and take part in our daily poll.

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DVD review

The Master

Director. Paul Thomas Anderson

Stars. Philip Seymour Hoffman, Joaquin Phoenix, Amy Adams

Joaquin Phoenix plays raging id to Philip Seymour Hoffman's controlling ego in Paul Thomas Anderson's rich Freudian bromance. Circa 1950, Phoenix's Freddie Quell returns stateside as an alcoholic drifter following Second World War navy service. He meets by chance Hoffman's Lancaster Dodd, the smug, powerful and charismatic leader of a quasi-religion known as The Cause (read Scientology). The two vividly sketched characters engage in mind games as Dodd, whose minions call him The Master, attempts to redeem the fallen sailor — or is it the other way around?

PETER HOWELL

The Twilight Saga: Breaking Dawn — Part 2

Director. Bill Condon

Stars. Kristen Stewart, Robert Pattinson, Taylor Lautner

In this fifth and concluding chapter (finally!) of the young vampire romance franchise, a dreary series manages to find a pulse. It does so not through the drama, which is goofier than ever, but through comedy, some of which is actually intended.

PETER HOWELL

When Glee met Archie. Hit TV series and iconic comic join for story arc

Blaine Anderson and Kevin Keller? Betty Cooper and Noah Puckerman? Things are not as they usually are in the halls of William McKinley and Riverdale high schools.

And that's just the way it should be, said Roberto Aguirre-Sacasa, who writes for Glee and penned the four-issue story arc, Archie Meets Glee, that sees Riverdale and McKinley's famous — and vocally talented — students come together in a crossover crash that blends the

Star of Red Widow weaves a tangled web

Art imitates life.

Radha Mitchell finds personal life parallels in her character in new CTV Two series



NED EHRBAR

Metro World News in Hollywood

Radha Mitchell comes to television with Red Widow, playing a woman forced to pick up her husband's criminal activities after he's killed. It's juicy stuff, to be sure, and just what the Australian actress — known for film roles such as Silent Hill, Finding Neverland and Man on Fire — had been looking for.

"Marta Walraven is pretty much my dream character to play," Mitchell says.

"Basically she's a woman who has been avoiding her criminal upbringing by living the life of a soccer mom and is suddenly dragged into a world that she's been trying to avoid pretty much her whole life when her husband is assassinated in relation to a drug incident. And in the process she discovers things about herself and talents that she didn't know she had."

Mitchell says she relates quite a bit to her character, though she's wary to get into specifics. "Well, I guess the parts that I relate to I probably wouldn't really want to share," she says with a laugh. "But in terms of being thrown into a situation,



Red Widow airs on CTV Two on Sundays at 10 p.m. EST. HANDOUT

I think even just coming to America when I did initially was a very exciting adventure and was at times intimidating and scary. I came out when I was, like, 23 or something. I didn't know anybody and I was staying on my manager's couch. But it was probably one of the most exciting junctures in my life because, you know, it was all about what could happen. I mean it

wasn't scary in the same way, but yeah."

So with a move to television — something very common for film actors these days — does that mean Mitchell's not looking for movies right now?

"I'm over films," she jokes. "I was actually sort of at this point in my life. And also, I feel like exciting characters are on television right now."

A whole new world

"I think even just coming to America when I did initially was a very exciting adventure and was at times intimidating and scary"

Radha Mitchell on relating to her character in Red Widow

Bieber contest winner

Fan can't Believe her luck

Fans from all over the world entered Metro's two week "I Believe in Love" contest for a chance to meet Justin Bieber. But it was 15-year-old Valeria Viteri, from Peru, who captured our Global Jury's attention and the most votes (an impressive 9,022!). Viteri will have a once-in-a-lifetime VIP experience during Bieber's "Believe" tour in Europe and will even get to meet the pop star. Viteri couldn't stop screaming when she got the phone call notifying

her she'd won.

How do you feel about meeting Justin Bieber?

I am extremely excited and still cannot believe it's true. It means so much to me, to meet him and tell him how much I love him. I hope I don't get star struck.

How have you prepared yourself for this?

The day of the deadline I came running home from school, checked the Facebook page and there it was: I was the winner! I am so happy and want to thank all of my friends who supported me with their votes.

MWN



Glee and Archie come together.

THE ASSOCIATED PRESS

So what prompted it? A friendship between Aguirre-Sacasa and Archie Comics co-CEO Jon Goldwater, who met New York Comic Con in 2011. "The Archie brand is very versatile and we're continuing to explore our limits every day," Goldwater said of the latest crossover.

THE ASSOCIATED PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

**Hollywood's
next pint-sized
power couple?**



**THE
WORD**
Dorothy Robinson
scene@metronews.ca

In today's Lifestyles of the Rich and Famous: The Pre-pubescent Set, it looks like Jaden Smith, 14, and Kylie Jenner, 15, are going steady. "They're dating," says a source close to Jenner. "It's new, but they've been friends forever."

Jaden, who was in London recently for Justin Bieber's 19th birthday party, took Jenner to Caffè Nero in London's Piccadilly



Square on Sunday.

Jenner was previously dating Australian pop star Cody Simpson. So this is it. Welcome to your future:



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The 50 Shapes Workout

Fitness. A new workout promises to get you toned and flexible enough to reenact the tricky sex positions in the *Fifty Shades* trilogy. Creator Kristen James explains how self-love, strength and stamina equals great sex

ROMINA
MCGUINNESS
romina.mcguinness@metro.lu

Throughout the *Fifty Shades* trilogy, the main protagonists, Anastasia Steele and Christian Grey have “ridiculous, off the hook sex” every other day, Kristen James, the fitness trainer behind the 50 Shapes Workout tells Metro.

“I kept hearing women say, ‘Who has the stamina or the flexibility for that kind of sex?’

“Anastasia wasn’t just on her back. She was contorted all over the place.”

But that’s fiction. According to James, women are exhausted. “They don’t have enough stamina in the bedroom.”

James wanted her workout to help women look and feel better. “You should never have to turn the lights off during sex. I want them to develop the strength and confidence to reenact the crazy positions described in the books.”

IN FOCUS: THE 50 SHAPES WORKOUT



You don't say no to this personal trainer. THINKSTOCK

The Pilates based exercises are designed to help you execute moves from the book. “The better you feel about your physical appearance, the more empowered and able you are to pleasure yourself and your partner,” says James. “Over time, the workout will create long, limber muscles and help you bend over in a pair of really high heels.”

Here’s what it will help you achieve:

A strong core

With age, women tend to hold body fat around the mid-section. The stomach area is what women dread the most, explains James, but doing moves that work your

core will tighten things up. “A man likes to grab on to a nice cushy bum. Not a flabby tummy. Develop your core strength here (abs, obliques, lower back) and everything becomes much easier to execute,” she adds.

Your abs will be on fire by the time you’re done with the workout.

A taut pelvic floor

Kegel exercises will intensify your orgasms, says James. “After childbirth, the muscle is all stretched out and women may become a little less sensitive. Your pelvic floor is a muscle. If you strengthen it by doing Kegels, it will get so tight

and taut so that when you do reach climax — sensations will be 10 times more powerful.” Get started by doing three sets of 10 James’ Seductive Squats a day.

Toned legs & bum

Doing the Lusty Lunges will target the little pockets of cellulite that tend to appear on the side of the thighs. The Bend Over Better move will tighten your glutes. Stick to the workout for 30 minutes, three times a week for “a better, bolder sex life.”

To purchase the 50 Shapes Workout, go to kristenjamesfitness.com.

Sample sexercises

Night moves

James says she incorporated more flexibility training and core strength into common exercise routines. “All you need is a mat and chair. And a bed for later.”

Seductive Squats

Stand with your feet wider than hip width apart and turn your toes out 45 degrees. With a neutral spine, elevate up onto your toes and lower your hips down to knee height. As you return up, perform one Kegel contraction.

Bend Over Better

Stand with your feet hip width apart, toes facing forward. Soften your knees. With your back flat, extend forward touching your toes. As you rise, elevate up onto your toes and extend your arms overhead.

Lusty Lunges

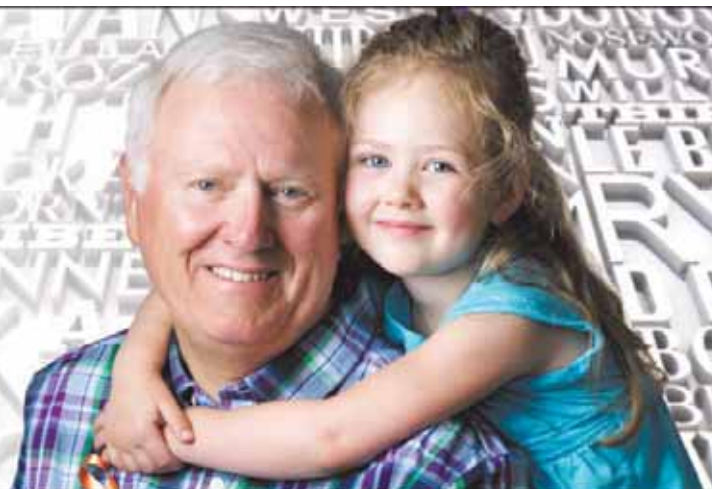
Stand with your feet wider than hip width apart and your toes facing forward. Lunge to the side deeply into one leg being sure to sit back into your glutes as you descend. Reach for your toe with the opposite hand as your other arm reaches overhead allowing for some rotation to your spine.

3 TIPS

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Stuff salmon to perfection with olives and tomatoes



ROSE REISMAN
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This olive and sun-dried tomato mixture is incredible with salmon, but it also goes well with halibut or sea bass.

If you don't have both types of olives on hand, remember that green have a

Ingredients

- 3 tbsp chopped black olives
- 3 tbsp chopped green olives
- 3 tbsp chopped rehydrated sun-dried tomatoes
- 2 tbsp seasoned breadcrumbs
- 2 tsp olive oil
- 1 tsp crushed fresh garlic
- 1 tsp Dijon mustard
- Four 4-oz skinless salmon fillets
- 3 tbsp chopped fresh parsley



This recipe serves four. BRIAN MACDONALD, FROM ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS)

more intense flavour and black are milder. If you like, add some thinly sliced olives as a garnish.

1. Preheat the oven to 425 F. Spray a baking sheet with cooking oil.

2. Finely chop the olives, sun-dried tomatoes, breadcrumbs, oil, garlic and mustard, either by hand or using a small food processor.

3. Make a 1/4-inch vertical slit through the top of each

salmon fillet to within 1/4 inch of each end. Divide filling and stuff the fish. Bake in centre of the oven 10 minutes per inch of thickness. Garnish with fresh parsley. **ROSE REISMAN'S COMPLETE LIGHT KITCHEN (WHITECAP BOOKS) BY ROSE REISMAN**

Health Solutions

Caviar of the people



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Caviar is an exclusive delicacy of fish eggs from sturgeon fish but there are other fish roes equally high in taste, vitamin B12, fat soluble vitamins including the nutrient du moment, vitamin D.

Culinary cultures from all over the world have made use of the roe from more plentiful cod, lumpfish and mullet. Search in French, Italian, Greek or Asian communities for the best selection.

• Poutargue is a Marseille, France specialty making use of the entire mullet fish egg sac which is

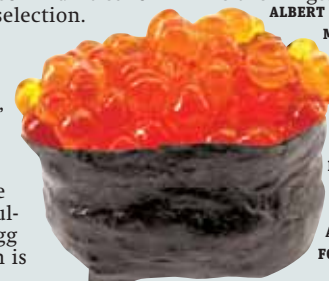
salted, pressed and cured just like an Italian Prosciutto. It is meant as a thinly sliced garnish and is outstanding.

• Taramasalata is the Greek dip made from mashed potato, cod roe, olive oil and lemon juice.

• Lumpfish roe is the larger orange eggs found on sushi. Its bright orange colour and very salty pop add dimensions of flavour.

Fish eggs are highly salted and naturally high in cholesterol, but they are most often only enjoyed in small amounts as garnish. Go ahead, dine like the kings. **THERESA**

ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



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Savouring family dinnertime

The chef. Metro talks to Vikram Vij about eating with your kids and his upcoming online cooking show



THERESA ALBERT
life@metronews.ca

Vikram Vij, an award winning chef in Vancouver, wants to help you find time for family meals. His mission starts in the form of Canada's first live on-line cooking show.

His simple Indian meal is family friendly and he will show you step by step in a cook-along live video broadcast with Metro at metronews.ca/vijcooklive this Thursday at 6 p.m. ET.

Better yet, questions can be tweeted live during the show using the hashtag #vijcooklive.

Did you grow up eating with your family? In Canada?

I grew up in India and left home at 19. There, it was a cultural routine to have family dinner because my dad was very strict and he insisted on dinner at 8 p.m. every possible night. Even at 17 years old, when I had plans to go out and eat with friends, he would insist that we sit and listen to talk. At the time, it seemed too strict but my father wanted to connect with his family and it taught me not to gallivant like some of my friends were, which kept me out of trouble. Now as a parent myself, I can't do this every night, but on my days off at home it is a more formal affair on Sundays and Mondays where the kids set the table and we cook, savour and appreciate.

How old are your kids?

My children are now 14 and 16 and I find I learn a lot around the dinner table just listening



Vikram Vij with his wife Meeru Dhalwala. PROVIDED

to them talk to each other about their lives and their friends. There is also an opportunity to model moral lessons. It is an osmosis process. They see everything in the interaction between the parents. I learned social lessons at the dinner table watching my father dominate my mother, who was a typical Indian woman. I learned to protect my mother when she needed it. Kids learn to resolve conflict in this setting and remove themselves from it when it isn't appropriate for them to be involved. Eating together keeps people interacting and that is an important part of life.

Is this a job, career or mission?

Feeding people has deep roots of awareness of cuisine and culture for me growing up in India. I love Canada, it is my home now, but sharing my

homeland is a passion. More than anything, eating together is important, but in my culture, we serve food as a symbol of sharing. It is a mission and goal to get kids eating real food and to get families talking again.

What is so great about eating with the family? Most families bicker!

What's wrong with slight bickering? If you are using pots and pans in the kitchen, it's going to make noise. If you have people coming together, they are going to make the same noise. It's natural. That's what life is all about. The problem happens when the noise becomes too loud, but people have to understand how to handle that too. You can't be fearful of the discussion. I would rather have someone to bicker with than be alone and

eating. Humans need to discuss and debate, it's natural.

What's your take on picky kids? Is it a North American phenomenon?

My dad was the child at the table because he didn't like spicy food, but for me, I always wanted it spicier. Now, one of my children doesn't like spice. I find that funny. The thing parents need to be sure of is that kid's bodies will tell them to eat. They will eat what is put there. The only trick is to slowly integrate flavours into the meals and get them accustomed to it. It builds cultures to share food and experiences. In this world, we need to have friendships among cultures. It increases the tolerance level of differences.

How many families do you know who are all home at the same time? Are we being impractical?

Listen, family meals don't mean that you have to be all together all the time. The effort needs to be made, that's it. The physical art of being together in the room, sharing food simply needs to be a goal. Split shifts can work, come back to the table for a cup of tea and talk. Or it can be lunch or breakfast. Let's communicate.

Cooking with Vij

- Want to cook along with Vij? A complete shopping list and the recipes for his online cooking show are available for download at metronews.ca/vijcooklive.
- Remember to go online Thursday at 6 p.m. ET for Canada's first live online cooking show.



Never, ever gamble with your nest egg. ISTOCK IMAGES

Learn to safeguard your savings



YOUR MONEY
Alison Griffiths
money@metronews.ca

A Vancouver acquaintance recently told me about his financial mess. He had owned a condo, which he loved, in Vancouver near foodie heaven, Granville Island.

During the rising market he decided to buy down and put a big chunk of cash into his thin retirement savings.

The moment he put the condo up for sale last spring, the market softened. He gambled by purchasing a cheaper condo, which had just dropped significantly in price.

His reasoning was that he got such a good deal on the purchase he could afford to take less on the sale of the existing condo and still come out ahead financially.

But prices softened again and as a result he owned two condos in a falling market. Eventually he was forced to sell the condo he loved to pay for the one he didn't. Worse, he didn't pocket any additional cash. Now at the age of 59 he feels he's ruined his future.

What's the lesson here? First and foremost, protect

what you've got, particularly as the years roll on, because you have less time to recover losses.

A new Investor Education Fund (getsmarteraboutmoney.ca) study showed that half of those over 50 believe they'll run out of money in the first 10 years of retirement. It isn't easy for the average person to put together a nest egg, be it a savings account, equity in a house or business, or a pension. Never, ever gamble with your nest egg. I had a prime example of how that mindset worked growing up.

My dear departed dad wasn't a genius with money, but he had one great asset, a civil service pension. He protected it as one would a baby. Even during the family's hard times when he lost his job and subsequently returned to school, he resisted the temptation to cash it in.

Bear in mind, back in the 1970s and '80s many took pensions for granted. Cashing in didn't seem like such a big deal. Thanks to his vigilance, he ended up with a comfortable retirement even though he still had a mortgage.

Learn from my Vancouver friend and my dad. Safeguard savings or home equity and never gamble with them for any reason.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca





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Season for home improvements

Value. Different ways you can finance your project to spruce up your home

YLVA
VAN BUUREN
For Metro

Home improvements can increase the value of a home — and often make living there more enjoyable, too. Here are the most popular ways to borrow money to fix up your home this spring:

- **Secured LOC:** If you have equity in your home, probably the best, most convenient, and lowest interest rate product is a home equity line of credit. They can be had for prime plus a half a percent, says David Smith, a mortgage broker and partner at Oriana Financial, Toronto.

- **An LOC gives you the flexibility** to draw money when you need to and pay it back when you're able," says Judi Forbes, branch manager, Meridian Credit Union, Courtice, Ont. While there are usually fees, they are worth it if you are doing big renovations, she says.

- **Unsecured LOC:** "If you need a small amount, for example \$10,000, I recommend



Home improvements can increase the value of a home — and often make living there more enjoyable, too. JUPITERIMAGES/GOODSHOOT/THINKSTOCK

looking at an unsecured LOC because there are no other fees," Forbes says. "The interest rates are higher but relatively low for borrowing."

- **Refinancing:** If you have equity available in your home, refinancing your home is a great option, says

Anthony Williams, vice-president of academic affairs, Canadian Institute of Financial Planning. "If you took out a mortgage five years ago, refinancing the mortgage now to bump it for renovations will also likely get you a lower rate."

Often, when you refinance the existing mortgage, the financial institution will take the interest rate you are paying now, add the renovation funds to the amount, and blend those rates to whatever term you choose.

Should you get an LOC

or refinance? It can depend on your borrowing habits, says Forbes. "If someone always carries a balance or max's out their credit cards, I would recommend refinancing the existing mortgage because it puts them on a regular payment plan."

Riding the interest rate train

Interest rates are at a 60-year low, which makes borrowing money for home ownership — and improvement — very attractive. But how long can these rates last?

"As long as the United States is committed to a zero interest policy we really can't raise our rates either," says David Smith, a mortgage broker and partner at Oriana Financial, Toronto. "I think we've got a good two or three more years to ride this train."

The Bank of Canada sets the bank rate, which is the rate of interest it charges major financial institutions when they borrow money. Then, the financial institutions set their own rates depending on the product, various market forces, and their own profit margins.

"The cheapest money is always money that's secured on a property," Smith says.

That means mortgages and secured lines of credit are the most inexpensive right now. Keep in mind that lines of credit are generally not as low because they are "revolving," Smith explains. "You can pay the money back and then re-borrow it while a mortgage doesn't typically allow you to do that."

Loans that are not secured on property are markedly more expensive, and credit cards carry the highest interest rates at 17 to 20 per cent, and as high as 29 per cent for store credit cards.

Experts recommend that consumers shop around and weigh interest rates against the product and the term.

You will find five-year rates for less than three per cent. "We're doing 10-year mortgages for about 3.65 percent," Smith says.

"I think in five years, rates will be significantly higher than they are now. So, yes, I'm doing five-year mortgages at 2.89 per cent and it is more expensive to take the 10. But you'll be protected in the long run."

YLVA VAN BUUREN



Are you looking for a new car? You will likely need financing for your new toy, so do your homework before borrowing. ISTOCKPHOTO/THINKSTOCK

Borrowing. Do your homework

KELLY
PUTTER
For Metro

Time to trade in that old junker for a shiny sports car? Or perhaps you are jonesing for serious summer cruising on a new Harley or powerboat?

Either way, you will likely need financing for your new toy so what are the best ways to borrow without getting burned?

As practical and dull as this may sound, do your homework first, recommends Scott Hannah, CEO of Credit Counselling Society, one of Canada's largest organizations that helps people manage money and debt.

"People spend a lot of time looking at the features of their new toy," Hannah says. "But they've likely only spent about 15 minutes analyzing whether or not they can afford it."

Go online and find out. Think about worst-case scenarios: What if I lose my job? How much should I put down

Can you afford it?

"People spend a lot of time looking at the features of their new toy. But they've likely only spent about 15 minutes analyzing whether or not they can afford it."

Scott Hannah, CEO of Credit Counselling Society

on the purchase? Do I have enough emergency savings on hand to pick up the slack if something happens?

It's always best to use cash on depreciating assets such as cars. But if that's not possible it's important to shop around for loans. Hannah suggests starting with the manufacturer's financing deal. Then see if your bank or credit union can match it. Be wary of low or no interest loans since manufacturers have built those savings into the cost of the vehicle and there is typically less room to negotiate on price.

When purchasing items that have a shelf life such as a vehicle, don't use a line of credit or low-interest credit card that offers rewards points, Hannah says. As attractive as they might be, it's better to get a low-rate term loan with a fixed payment since you will pay less interest and likely pay the loan off sooner.

The current interest rate on personal loans ranges from five to seven per cent. An unsecured line of credit runs one to four per cent, while credit cards generally hover around 20 per cent.

So if you are a good credit risk borrowing \$20,000 over 72 months at 1.9 per cent, your monthly payments will be \$295 and interest will cost you \$1,245 over the life of the loan. By comparison, if your credit rating is poor you will pay six per cent in interest, which raises your monthly payments to \$387. Over a 60-month loan period, the interest will be \$3,250, nearly triple that of the borrower with good credit.

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New Jersey Devils goaltender Johan Hedberg keeps a close eye on Maple Leafs centre Nazem Kadri as he chases down the puck on Monday at the Air Canada Centre in Toronto. Kadri recorded two points in the Leafs' 4-2 victory. FRANK GUNN/THE CANADIAN PRESS

Kadri having devil of a time for Leafs

NHL. Young forward continues his hot streak in Toronto's victory over New Jersey

Nazem Kadri and James Reimer kept Toronto in the game on Monday before the rest of the Maple Leafs came alive in the third period.

Kadri scored and added an assist while Reimer made 28 saves as Toronto earned a 4-2 come-from-behind victory over the struggling New Jer-

On Monday

4

Maple Leafs

2

Devils

sey Devils.

The 22-year-old Kadri stretched his point streak to five games when he gave the Leafs a 1-0 lead after the first. But Toronto trailed 2-1 after 40 minutes of play.

"We talked amongst ourselves and pointed out that those first two periods really weren't acceptable and indicated on some of the things we needed to improve on," Kadri said. "That's really what it's about coming in through the intermissions: It's about resetting and analyzing your 20 minutes of play."

Clarke MacArthur, Jay McClement and Phil Kessel — with his first goal on home ice this season — all scored in the third for Toronto (14-9-0), which has won two in a row.

THE CANADIAN PRESS

Good to be lucky

Nazem Kadri opened scoring just over 10 minutes into the game. His ninth goal of the season was a little fluky, as he shot from a wide angle, bouncing the puck off the inside of Johan Hedberg's left pad and across the goal-line.

- He later earned his team-best 14th assist of the season on Blake MacArthur's goal.

AUS hockey

Huskies' Lucas named MVP

Lucas Bloodoff has been named the best player in Atlantic University Sport men's hockey this season.

The third-year forward with the Saint Mary's Huskies is the league's MVP after leading the eight-team conference in scoring with 20 goals and 38 points.

Bloodoff, a former member of the Western Hockey League's Kelowna Rockets, is the seventh Saint Mary's player to win the award.

Also landing league honours on Monday was Huskies bench boss Trevor Stienburg, who was named top coach in the AUS for the fourth time in his career.

Stienburg took the nationally ranked Huskies to an 18-7-3 regular-season record.

Other award winners were Mike Cazzola of the Acadia Axemen (rookie of the year), Chris Culligan of the New Brunswick Varsity Reds (most sportsmanlike) and Jordan Knox of the Prince Edward Island Panthers (student athlete and community service award).

Saint Mary's and the Varsity Reds are currently battling in the league final, with Game 2 Tuesday night at the Halifax Forum at 7 p.m. The Reds lead the best-of-three series 1-0.

METRO



Lucas Bloodoff CONTRIBUTED

Brier

Flemming yet to find win No. 1

Paul Flemming took another one on the chin Monday at the Tim Hortons Brier in Edmonton.

Facing Ontario's Glenn Howard in the afternoon draw, Flemming and his Nova Scotia rink dropped a 10-2 decision to fall to 0-4.

Flemming's rink, which includes third Ian Fitzner-LeBlanc, second Graham Breckon and lead Kelly Mittelstadt, went into Monday's late draw outscored 37-12. METRO

Votto packs his bags to play in WBC



Cincinnati Reds first baseman Joey Votto will be in Canada's lineup during the World Baseball Classic.

CHRISTIAN PETERSEN/GETTY IMAGES

Joey Votto wanted to say sorry, but only for making everyone wait on the best news Canada has had ahead of the World Baseball Classic.

The Cincinnati Reds first baseman will be in Canada's lineup after an uncertain spring training kept him from committing to the international tournament. Votto missed 48 games last season with a

knee injury, but on Monday he finally put to rest fears that Canada would be without the heart of its offence.

"I was very clear to everyone that I needed the games to make sure my knee was healthy and heading in the right direction," he said at Reds training camp. "I feel confident in it and confident in my commitment. I feel I can

comfortably play."

The Toronto native needed to be sure of that before saying yes to Canada.

"I've never been hurt before," Votto said. "I wanted a little more of a grace period before the tournament to make sure I'm ready for my primary commitment to the Cincinnati Reds."

THE CANADIAN PRESS

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BY KELLY ANN BUCHANAN

Horoscopes

Aries

March 21 - April 20

Whatever goes missing from your life today is something you can well do without, so wave it a fond farewell and turn your attention to more urgent matters.

Taurus

April 21 - May 21

A barrier of some kind may be imposing but you can find a way around it if you try. Stay calm, be patient and look for the key in areas you would not usually consider — that's where it's most likely to be.

Gemini

May 22 - June 21

Do you listen to a friend's advice or do you listen to an expert stranger? Maybe it would be better if you listened to no one's advice but your own. What does your inner voice tell you? Act on it.

Cancer

June 22 - July 23

Be blunt with a partner who is clearly taking liberties. You may not want to hurt their feelings but it would appear they are too thick-skinned to take a subtle hint — so give it to them straight.

Leo

July 24 - Aug. 23

Don't choose the easy option today just because it seems quicker. Appearances can be deceptive and you may wish you had taken more care, devoted more time and done a proper job the first time.

Virgo

Aug. 24 - Sept. 23

Raise your game today. You may not be the most outgoing of people but you have what it takes to make a name for yourself. Over the next 24 hours, you'll get the chance to shine. Don't waste it.

Libra

Sept. 24 - Oct. 23

No matter how busy you may be, you must make time for partners and loved ones. Someone close is desperate for your attention, so put aside what you are doing and let them know you still care.

Scorpio

Oct. 24 - Nov. 22

Something you say could be taken the wrong way and provoke a reaction. This is the kind of situation that could escalate rapidly, so it might be wise just to apologize.

Sagittarius

Nov. 23 - Dec. 21

Your instincts should be telling you that the best way to deal with a difficult situation is to leave well alone. That applies especially to ego clashes.

Capricorn

Dec. 22 - Jan. 20

An important relationship may be under some stress but don't worry about it. The planets suggest that everything will work out for the best in the end, so forget it and focus on more enjoyable things.

Aquarius

Jan. 21 - Feb. 19

There are so many things you want to do yet so few things you can do, which is no doubt frustrating. Your time will come, so stick with it. As always, everything will change when you least expect it to.

Pisces

Feb. 20 - March 20

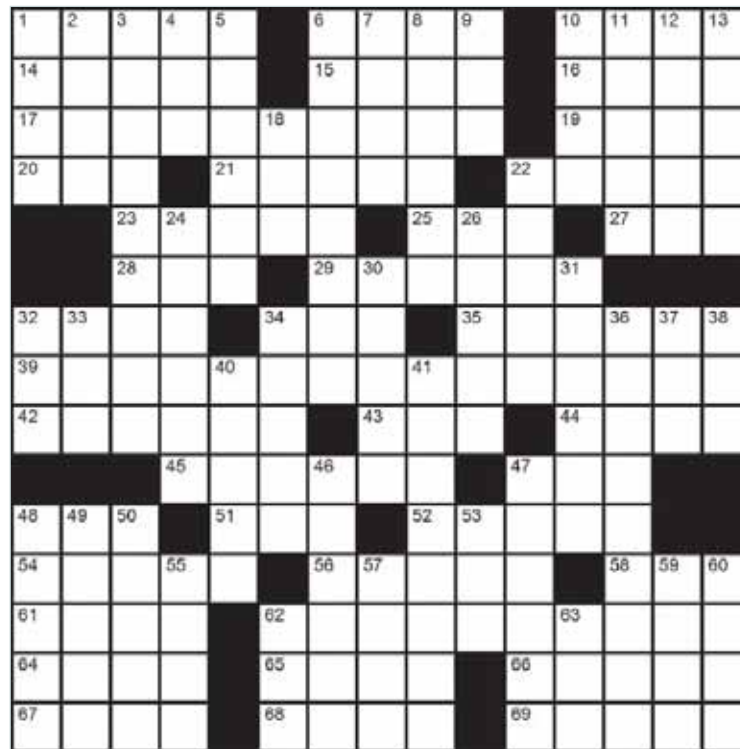
Why are you tempted to grab what you can and make a run for it? Maybe it's because you can sense that time is winding down and if you don't do something soon the chance may pass you by. Maybe you're right.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Most read national daily newspaper in Canada
- Noon: French
- Red Serge force, commonly
- Love: French
- Gulf of ___ (between Somalia and Yemen)
- Eurythmics' "Would ___ to You?"
- Big screens at sporting events
- Mr. MacDermot (Canadian composer of Hair)
- Beast of burden
- "Push" band from Vancouver
- ___ and Shuster
- "Have ___" (Relax)
- ___ disadvantage
- Church speech, for short
- Intl. commerce group
- "Where's that map?!" : 2 wds.
- "...so long ___ both shall live?"
- Granny: German
- Pineapple: French
- Toronto's plays/musicals area: 2 wds.
- Toronto's St. Lawrence



43. 0 Meridian letters
44. Company dept. heads
45. Lug along, variantly
47. "Go team!"
48. Reserved
51. Bien ___, Vietnam
52. Pilot's button

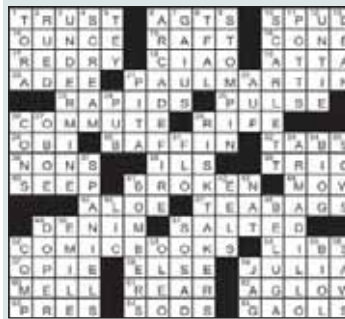
54. Poet W.B.
56. Nobleman
58. Antonio's "Evita" (1996) role
61. Old Scandinavian symbol
62. In Ontario on Lake Huron, it's the world's biggest lake island

64. Pottery pieces
65. Volcano in Sicily
66. Downloaded-from-Apple song
67. Shar-___ (Some dogs)
68. Lang. of Rome
69. Concrete-strengthening rod

1. Goya painting, The Naked ___
2. Ostrich-like birds
3. Rush song: 2 wds.
4. Chafe
5. "___..." (Start of Juliet's famous line)
6. ___ Provinces
7. Wedding vows: 2 wds.

8. ___ floss
9. Advantages
10. Latvia's capital
11. Singer Mr. Aiken's
12. Author A.A.
13. ___, Paul and Mary
18. "Prelude ___ Kiss"
22. "Hmmm, I ___ aware of that."
24. Grill servings
26. Breakfast serving
30. Madonna's nickname
31. Runway surface
32. Li'l bank-in-the-wall
33. Doo-Wop music syllable
34. Prefix to 'dontist' (Braces giver)
36. Bouncer's workplace
37. SNL or NASA, e.g.
38. Haloed humans, for short
40. Comp. help givers
41. 'I' of CIBC
46. Canadian brewer
47. Impressionist painter
48. Maple product
49. "Quelle ___ est-il?" (What time is it?)
50. New Age musician
53. Quickly write down
55. D'Urbervilles heroine
57. Tolstoy's ___ Karenina
59. Susan Aglukark's "___ Na Ho (Celebration)"
60. Vitality [abbr.]
62. "Help ___ think I'm falling..." - Joni Mitchell
63. 'Comp' completer (Calculate)

Yesterday's Crossword

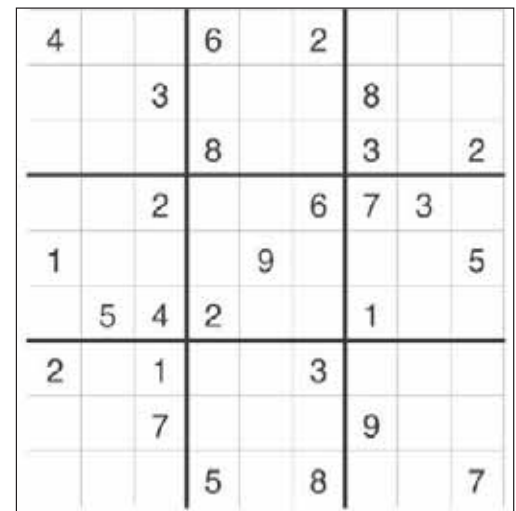


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

3°/-4°

Rain and snow

90%

Wednesday

4°/-4°

Mainly sunny

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2013 SORENTO

AUTO, AIR & KEYLESS ENTRY

HWY (A/T): 6.5L/100KM
CITY (A/T): 9.8L/100KM

OWN IT FROM **\$157*** WITH **\$0** AT **1.49%** FOR UP TO 60 MONTHS
BI-WEEKLY DOWN APR



MORE MAXIMUM CARGO SPACE THAN HONDA CR-V¹
2 MORE YEARS WARRANTY THAN FORD ESCAPE²
MORE HORSEPOWER THAN TOYOTA RAV4³

COMPARE MORE HERE



OR VISIT
WWW.KIA.CA/COMPARESORENTO

bi-weekly for 60 months, amortized over 84 months with **\$0 DOWN PAYMENT**. \$8,026 remaining balance. Offer includes delivery, destination, PPSA and fees of \$1,829 and **\$1,650 *3 PAYMENTS ON US* SAVINGS***. BASED ON A PURCHASE PRICE OF **\$28,724**. Offer based on 2013 Sorento LX AT FWD.



Soul 4u shown⁶

2013 SOUL

AIR, KEYLESS ENTRY & SATELLITE RADIO

HWY (M/T): 6.7L/100KM
CITY (M/T): 8.5L/100KM

OWN IT FROM **\$126*** WITH **\$0** AT **2.49%** FOR UP TO 60 MONTHS
BI-WEEKLY DOWN APR



2 MORE YEARS WARRANTY THAN TOYOTA MATRIX⁴
MORE HORSEPOWER THAN SCION XB⁵
MORE PASSENGER VOLUME THAN NISSAN CUBE⁶

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OR VISIT
WWW.KIA.CA/COMPARESOUL

bi-weekly for 60 months, amortized over 84 months with **\$0 DOWN PAYMENT**. \$6,385 remaining balance. Offer includes delivery, destination, PPSA and fees of \$1,829. BASED ON A PURCHASE PRICE OF **\$21,024**. Offer based on Soul 2.0L 2u MT.



Forte SX shown⁵

2013 FORTE SEDAN

HWY (A/T): 5.5L/100KM
CITY (A/T): 8.0L/100KM

OWN IT FROM **\$91*** WITH **\$0** AT **0.9%** FOR UP TO 60 MONTHS
BI-WEEKLY DOWN APR



MORE INTERIOR CARGO SPACE THAN HONDA CIVIC⁷
2 MORE YEARS WARRANTY THAN MAZDA3⁸
MORE HORSEPOWER THAN NISSAN SENTRA⁹

COMPARE MORE HERE



OR VISIT
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bi-weekly for 60 months, amortized over 84 months with **\$0 DOWN PAYMENT**. \$4,683 remaining balance. Offer includes delivery, destination, PPSA and fees of \$1,534 and **\$1,500 LOAN SAVINGS***. BASED ON A PURCHASE PRICE OF **\$17,529**. Offer based on 2013 Forte Sedan LX MT.



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Atlantic Kia dealers for Atlantic drivers.



The Power to Surprise

Offer available on select new 2013 models through participating dealers to qualified retail customers who take delivery by April 1, 2013. Dealers may sell or lease for less. Some conditions apply. See dealer for complete details. Vehicles shown may include optional accessories and upgrades available at extra cost. All offers are subject to change without notice. All pricing includes delivery and destination fees up to \$1,650, PPSA, other fees and certain taxes (including tire levies) and A/C charge (\$500, where applicable) and excludes licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Other lease and financing options also available. *0% purchase financing is available on select new 2013 Kia models (A/C). Terms vary by model and trim, see dealer for complete details. Representative financing example based on 2013 Sorento LX AT (3.7L) with a selling price of \$28,724 financed at 0% APR for 60 months. 130 bi-weekly payments equal \$225 per payment with a down payment/equivalent trade of \$0. **Don't Pay for 90 Days* offer (90-day payment deferral) applies to purchase financing on select new 2013 models. No interest will accrue during the first 60 days of the finance contract. After 90 days, interest accrues and the purchaser will repay both the principal and interest monthly over the contract's term. ***3 Payments On Us* offer is available on approved credit to eligible retail customers who finance or lease any new 2013 Sorento from a participating dealer between March 1 - April 1, 2013. Customers will receive a cheque in the amount of three payments (excluding taxes) to a maximum of \$550 per month or can choose up to \$1,650 reductions from the selling/lease price after taxes. See your dealer for complete details. Offer ends April 1, 2013. Cannot be combined with "Don't Pay for 90 Days" offer. *Bi-weekly finance payment (A/C) for new 2013 Sorento LX AT FWD (3.7L) is \$157.00/2013 Soul 2.0L 2u MT (2.0L) is \$126.00/2013 Forte Sedan LX MT (2.0L) is \$91.00 based on a selling price of \$28,724/\$21,024/\$17,529 is \$157/\$126/\$91 with an APR of 1.49%/2.49%/0.9% for 60 months, amortized over an 84-month period. Estimated remaining principal balance of \$8,026/\$6,385/\$4,683 plus applicable taxes due at end of the 60-month period. Retailer may sell for less. See dealer for full details. *Loan savings for 2013 Forte Sedan LX MT (F05400) is \$1,500 and is available on purchase financing only on approved credit. Loan savings vary by model and are deducted from the selling price before taxes. Some conditions apply. *Sorento LX 2.0L vs. CR-V LX 2.0L, with second-row seats folded. *100 months/100,000km vs. 36 months/100,000km. *Sorento LX 190hp vs. RAV4 LE 190hp. *100 months/100,000km vs. 36 months/100,000km. *Soul 2.0L 164hp vs. Scion XB 150hp. *Soul 1.6L 2.897L vs. Cube S 2.897L. *Forte LX 2.400L vs. Civic EX 2.400L. *100 months/100,000km vs. 36 months/100,000km. *Forte LX 164hp vs. Sentra LE S 130hp. *Model shown MSRP for 2013 Sorento 3.5L SX AWD 7-SEATER (3.5L) is \$34,999/2013 Soul 2.0L 4u Luxury AT (2.0L) is \$21,024/2013 Forte LX 2.0L 2u MT (2.0L) is \$17,529 and includes delivery and destination fees of \$1,650/\$1,534/\$1,500 and A/C charge (\$500, where applicable). Vehicles shown may include optional accessories and upgrades available at extra cost. All offers exclude licensing, registration, insurance, other taxes and down payment (if applicable and unless otherwise specified). Other dealer charges may be required at the time of purchase. *Highway/city fuel consumption is based on the 2013 Sorento 2.4L GDI 4-cyl (A/T)/2013 Soul 2.0L MPI 4-cyl (M/T)/2013 Forte Sedan 2.0L MPI 4-cyl (A/T). These updated estimates are based on the Government of Canada's approved criteria and testing methods. Refer to the EnerGuide Fuel Consumption Guide. Your actual fuel consumption will vary based on driving habits and other factors. Information in this advertisement is believed to be accurate at the time of printing. For more information on our 5-year warranty coverage, visit kia.ca or call us at 1-877-542-2886. Kia is a trademark of Kia Motors Corporation.